

**What is claimed is:**

- 5           1. An improved composition in a form suitable for oral administration consisting of an active principle, and a pharmaceutically, cosmetically or dietetically acceptable carrier, the improvement wherein is that said active principle consists essentially of an aqueous extract of red vine leaves containing: 2 to 20% flavonoids and less than about 0.15% anthocyanins; wherein said aqueous extract of red vine leaves is obtainable by a method comprising the steps of:
- 10               (a) collecting red vine leaves at a point of time when the content in flavonoids has reached an optimum;
- (b) drying and crushing the leaves;
- (c) cutting the leaves to pieces;
- (d) extracting the leaves with water at temperatures from 60 to 80 °C for 6 to 10 hours in an exhaustive percolation; and, optionally,
- 15               (e) concentrating the obtained extract; and
- wherein the improved composition contains an amount of said aqueous extract of red vine leaves sufficient for administration in dosages corresponding to 350-750 mg daily.
- 20           2. The composition according to claim 1, which consists of 20 to 60 % of the active principle.
3. The composition according to claim 1, wherein the aqueous extract of red vine leaves contains 2 to 10% flavonoids.

25

4. The composition according to claim 1, wherein the flavonoids are present within the range of 1% to 10% relative to the total mass of the composition.
5. The composition according to claim 1, which contains quercetin-3-O- $\beta$ -D-glucuronide and isoquercitrin (quercetin-3-O- $\beta$ -glucofuranoside).
6. The composition according to claim 1, which contains more than about 18.0% polyphenols.
- 10 7. The composition according to claim 1, which is in the form of granules, tablets, capsules, drops or syrups.
8. The composition according to claim 1, wherein the total amount of extract is divided up in 1 to 3 capsules or tablets a day.